

## Helping families paint the stress away

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A scene from the 2017 PaintFest at Tulane Lakeside Hospital for Women and Children. (Photo from Arts in Medicine)

On Saturday, Aug. 18, the Arts in Medicine program at Tulane Medical Center will host its 2018 PaintFest at Tulane Lakeside Hospital for Women and Children. The event takes place from 10 a.m. to 1 p.m.

Julie Connelly, [Arts in Medicine](#) coordinator, said this event, as well as other programs put on by Arts in Medicine, is designed to help staff, patients and their families reduce stress, alleviate boredom and decrease their perception of pain.

"This year we are getting a few different art organizations and artists around the city to come and help us create art for our walls," said Connelly.

Among those organizations are The YAYA Studio, The Rodrigue Foundation and Mardi Gras Customs.

“We will be making all kinds of art, including another large-scale community mural, 3D flower sculptures, art inspired by the New Orleans 300 theme, as well as a story corner, music area, face painting and more,” said Connelly.

In addition to PaintFest, Arts in Medicine programming includes fine arts workshops, group art activities, music therapy sessions and music performances in hospital waiting areas.

All patients, caregivers, staff, staff families and community members are welcome to participate.